



TY HOWARD

Motivational Speaker

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Ty Howard's Growth & Prosperity T.I.P.S. for the Year 2011

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The YEAR of Gaining Better Traction



These T.I.P.S. (Techniques, Ideas, Principles and Strategies) are for everyone—especially those who want to gain better traction in the Year 2011 than you received in the Year 2010. Internalize, apply and practice the concepts daily, and you will gain better traction in your life, relationships, health, finances, knowledge, family, business, and career.

The T.I.P.S. listed below are not based on any intended ranked order. They are shared for you to embrace and practice daily, so you too can ***Gain Better Traction in the Year 2011***, and Accelerate into New Places and Levels of Success.

From my heart to yours—let's ALL move significantly forward with better traction and sustainable results:

1) **Take Charge of Your Health: Improve the Condition Levels of Your Heart, Body and Mind.** True healthy living involves continuous mental, physical, spiritual and social development. This year, make it your #1 priority to: visit your family doctor or a doctor, at the beginning and middle of the year (Yes, twice!). Learn about and monitor your current overall health condition. Strengthen your mind by reading books to stimulate and expand your mind. Exercise at least twice a week to drop 30 or more pounds by December 31st. Connect to and grow with your pre-determined High Power. Stand up boldly within to Take Charge of Your Health for better traction, action, fun, and growth in the Year 2011, and beyond.

2) **Embrace and Share P.E.A.C.E. Continuously.** Plan, Execute, Accelerate, Celebrate, and Encourage. In order to make true your ambition that “This Year is Going to be My Year,” sit down, write down and ‘Plan’ for it to be your Year. Then swiftly ‘Executive’ your new updated written ‘Plan.’ Once you have your ‘Plan’ in motion, ‘Accelerate’ and ‘Celebrate’ as you build on the momentum from the small wins/victories you accomplish along the way. Continuously ‘Encourage’ others, as well as yourself, to Embrace and Share P.E.A.C.E. Continuously for greater impact and better traction.

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Want to see Ty in action (speaking / presenting)? Visit http://www.tyhoward.com/watch_ty.html

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3) **Alleviate and Eliminate Financial Debt Like Never Before.** Your financial status determines how much traction, if any, you currently have on your path in life. If your finances are at "A+" status, you can climb almost any and every hill in front of you. If your current finances are below "A+" status, you do not and will not have traction on many of the roads ahead of you. Regardless where you are with your current financial status, I strongly recommend for you to consult with a professional – licensed – Financial Advisor this year. This is THE Year You WILL Alleviate and Eliminate Financial Debt Like Never Before—so you can sleep better, breath better, think better, achieve better, and gain better traction in all areas of life.

4) **Work to Improve Your Family's Unity.** No matter what happens to us in life the one thing that will remain in place is Family. Family members at times can say and do some hurtful and painful things. Yes! That I know. Still, I'm going to encourage you to be the bigger person, the better person this Year, by Working to Improve Your Family's Unity. Forgive, love, share, encourage and celebrate Family Unity for better traction and stability.

5) **Acknowledge, Thank and Reward Those Who Constantly Support You.** As we grow older it becomes evidently clear on the true value of constantly reliable and supportive friends and family members. Often times these special angels in our lives go unsung and rewarded. Many of them do it because it's who they genuinely are, and feel their actions deserve no reward. If you truly want to gain better traction and satisfaction in your life this Year—make this the Year YOU Acknowledge, Thank and Reward Those Who Constantly Support You.

6) **Employ Focus Over Scatter.** Scatter will keep you busy chasing any and every thing, while focus will have you celebrating the accomplishment of meaningful goals and plans. This Year, sit down and write out a detailed action plan that you will commit to executing and following; include, effective strategies on how you're going to minimize and at times block out unwanted distractions. The very successful people in life work to become laser focused. Employ Focus Over Scatter, and you will soon find yourself empowered with better traction and life results.

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7) **Learn and Master Two New Skills.** We all have talents and skills that we've developed over the years, and for most of us we're utilizing them to earn an honest living every day. Yet, if you're the very same person today, talent and skills wise, as you were a year ago on this date, you're not growing. Learn and Master Two New Skills this Year—and you will gain better and more versatile traction to accelerate you personally and professionally.

8) **Give Yourself Quarterly Checkups on Progress and Accomplishments.** One of the main reasons many people lose traction in life and end up some place other than where they hoped is because they failed to pause to make periodic assessments and adjustments. Waiting until the end of the year to assess your accomplishments and current path is a huge accident waiting happen. Give Yourself Quarterly Checkups on Progress and Accomplishments—and you will find yourself celebrating – every 90 days – better traction and progress in life throughout the Year.

9) **Develop and Start Something Meaningful, and Sustain It.** We choose to do and get involved in things that we feel add value and benefit to our life. What better way to add better traction to your life than to Develop and Start Something Meaningful, and Sustain It. You can start a small business from home, start a blog online giving advice, start a race or walk for the cause charity effort, create a volunteer group to help out at the local senior center or teen recreation center, etc. When it's yours and meaningful to you—you will sustain it and watch it soar!

10) **Get Yourself Promoted to a New Level Within Your Career.** There is never any real satisfaction to working on a job where you have grown complacent. Promotions along with increased pay, motivate people to perform at their best daily. Make this the Year that you find out what it will take for you to Get Yourself Promoted to a New Level Within Your Career, and do it!

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11) **Sponsor a Family, Individual or Cause.** In today's tough economic times, there are many families, individuals and causes that need our help and support. Sponsoring a Family, Individual or Cause does not always require for you to give money, you can also give time, clothes, food, vehicles, encouragement, love, and support. Sponsor a Family, Individual or Cause this Year—and you will help more than just you to gain better traction.

12) **Read One Self-Help or Self-Empowerment Book Each Month.** Reading self-help and self-empowerment books will help you to prioritize your goals, thinking, and life. Many times we're certain we know what we "really want" in life. Yet I've found by reading one self-help or self-empowerment book a month, I learn new things about myself. In the beginning of this process, as I read more and more, my mind would drift to other things I'd rather be doing, and it wasn't long that these little lapses in reading started to dissipate. For example, I've admired and read a select group of magazines on a consistent basis, but I've always wanted to produce and distribute my own magazine. After a year of reading and research, on April 15, 2011, I will officially launch, online, MOTIVATION magazine (www.MOTIVATIONmagazine.com). When you begin to Read One Self-Help or Self-Empowerment Book each Month, you will begin to see things that you might *really* want to do, that you're not doing yet. You will also learn proven strategies on how to get yourself started for better traction and fulfillment in life.

13) **Be a Positive Example vs. a Lingering Negative Excuse.** Over the past 16 years, I've done a lot of research on the positive effects of being positive and the negative effects of being negative. The research is clear. It really does pay to be positive and the benefits include enhanced health and longevity, happiness, career advancement, athletic peak performance, financial success, healthy relationships, improved family unity, mental toughness, and continuous prosperity. Being positive is not just a nice way to live. It's the way to live – daily – for better traction, constant growth and achievement. This Year—Be a Positive Example vs. a Lingering Negative Excuse!

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14) **Live Life to the Fullest!!!** Master the skill of Goal Setting and Accomplishment while skillfully balancing family, career, spiritual and personal development! A sad fact of the world: for every person there is to encourage you to live your life to the fullest, there will be a minimum of one hundred who will do everything they can to cause you to lose your focus and enthusiasm for living life to fullest, so you too will feel hopeless and depressed like them. Remove these negative people or their toxic influence over you swiftly—without hesitation. Make this the Year that YOU learn and practice living life both in the moment and to the fullest. It doesn't matter if you slow down and pace through the day so you can see and smell the positives. Add spice and excitement to your relationships. Create and take action on your personal 'bucket list.' Get up early to enjoy the beauty of an early morning sunrise. Do YOU! Live YOUR Life to the Fullest for better traction, action, reward, happiness, and contribution to your legacy.

15) **Strive to Make Today & Every Day – An 'A' Day!** “What's An 'A' Day?”

An 'A' Day is a where you expect the day to be an exceptional day. The reality behind this concept is not every day will actually be An 'A' Day; however, if you wake up to and head out expecting each day to be An 'A' Day, you will attract more 'A' Days to your life than 'B' Days, 'D' Days or 'F' Days. You are and can become what you think. For each 'A' Day you celebrate—you improve your life's traction and positive outlook.

16) **Make Every Day a Green and Growing Day, too!** “What's a Green and Growing Day?”

A Green and Growing Day is a day where you commit to creating and having a day that is filled with learning, productivity, service, laughter, fun, growth, healthy choices, positive actions, civility, forgiveness, love, and prosperity. For each Green and Growing Day you celebrate—you move closer to becoming a master of quality traction.

17) **T.A.P.P.** When your life is going smooth and great or whenever you feel that everything about you and your life is crashing down all around you, T.A.P.P. = Think, Act, Pray, Prosper.

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Ty Howard's Growth & Prosperity T.I.P.S. for the Year 2011 (Best Wishes Statement...)



You now hold in your hands a life enriching gift that can move your life forward – significantly – with better traction and sustainable results, beginning today. Print and review daily, your copy of Ty Howard's Growth & Prosperity T.I.P.S. for the Year 2011.

As we start and journey through the Year 2011, know that you have everything within you to survive, thrive, prosper, and grow. This is the Year for Gaining Better Traction and Sustainable Results! This is the Year for you to rid yourself of toxic habits and distractions that cause you to lose traction on life! This is the Year for you to Identify & Untie Your Knots! This is the Year for you to Take Charge of Better & Good Health! This is the Year for you to Gain Control & Understanding of Your Finances! This is the Year for you to Bring Back Harmony & Unity within Your Family! This is the Year for you to Let-Go & Cut-Loose Dead Weight! This is the Year for you to Focus & Eliminate Scatter! This is the Year for you to Learn & Master Two New Skills! This is the Year for you to Begin Living Your Life to the Fullest! This is the Year for you to Replace the Old Tread that You've Been Using with New, Improved, Peak Performing Tread for Continuous Action, Traction, and Sustainable Results! This is the Year for you to Complete Things and Get Things Done!

With better traction, enthusiasm and continuous action—you will bring to your life 'sustainable' good health, mental toughness, positive relationships, achievement, prosperity, cheerfulness, and satisfaction.

Remember: "You may be Delayed, But You're RARELY Denied!" ~ Ty Howard

I, Ty Howard and the IGI Team, wish all subscribers (to Ty's Official Untie the Knots® Blog and Free Online Bi-weekly Inspirational BOOSTERS Newsletter) and everyone who receives the above life changing and empowering T.I.P.S. — A Happy, Safe, Fun, Memorable, Prosperous, and Better Traction Filled New Year!

**Best Wishes,
Ty Howard**

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Ty Howard's Growth & Prosperity T.I.P.S. for the Year 2011 (At-A-Glance...)



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- 4) **Work to Improve Your Family's Unity.**
- 5) **Acknowledge, Thank and Reward Those Who Constantly Support You.**
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- 10) **Get Yourself Promoted to a New Level Within Your Career.**
- 11) **Sponsor a Family, Individual or a Cause.**
- 12) **Read One Self-Help or Self-Empowerment Book Each Month.**
- 13) **Be a Positive Example vs. a Lingering Negative Excuse.**
- 14) **Live Life to the Fullest!!!**
- 15) **Strive to Make Today & Every Day – An “A” Day!**
- 16) **Make Every Day a Green and Growing Day too!**
- 17) **T.A.P.P. = Think, Act, Pray, Prosper**

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Every Morning Ty Posts One of His - "Ty's Daily Untie the Knots® Boosters"...

Below are a few recent Daily Untie the Knots® Boosters:

It's your life. Live it surrounded by people who are making achievement happen. It tends to be contagious. ~ Ty Howard

Triumph is always possible for the person who refuses to quit after life has punched them in the stomach with adversity. ~ Ty Howard

Unless you change how you are now, you will always remain where you are now. ~ Ty Howard

**▶ Play Your Action Plan for Success, || Pause Your Excuses, ■ Stop Your Distractions, And
◀◀ Rewind Your Daily Motivation to Achieve.** ~ Ty Howard

Flexibility applies to plastic, not integrity. ~ Ty Howard

You cannot soar to the highest height of your potential if your current vision of yourself stays stuck in the down position. ~ Ty Howard

Determined action wears down unproductive distraction. A determined plan of action becomes rewarding achievement and satisfaction when you become a master of focused stick-to-itiveness.
~ Ty Howard

By "persevere" I mean, confidence and fortitude under pressure. ~ Ty Howard

See it. Re-Think it. Re-Align it. Believe it. Then Soar! ~ Ty Howard

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About the Book

Untie the Knots™ That Tie Up Your Life: A Practical Guide to Freeing Yourself From Toxic Habits, Choices, People, and Relationships

Do you know anyone who is tied up in procrastination, poor choices, excuses, self-pity, the past, denial, clutter, debt, confusion, toxic relationships, fear, conformity, continual pain, anger, mediocrity, or stress?

In *Untie the Knots That Tie Up Your Life*, Ty Howard, renowned dynamic keynote and motivational speaker, shares quick and easy-to-apply guidance about breaking free from toxic habits, choices, people, and relationships. He provides readers with a program for developing a life of better health, balance, significance, harmony, potential, and prosperity.

This is an enlightening, inspiring, empowering, and practical guide for gaining control of your career and life. Ty teaches you how to break free from negative bondage, build positive habits, and then turn them into actions to help you achieve your dreams.

Ty Howard is one of America's most popular and in-demand motivational speakers. Now available with Howard's *Untie the Knots™ That Tie Up Your Life* book, is the *Untie the Knots™ That Tie Up Your Life Workbook*, Which gives additional tools for developing and maintaining a life with positive habits, choices, people, and relationships in order to get ahead in your career and life.

Untie the Knots™ That Tie Up Your Life

Knots Free Publishing, Baltimore, Maryland
USA

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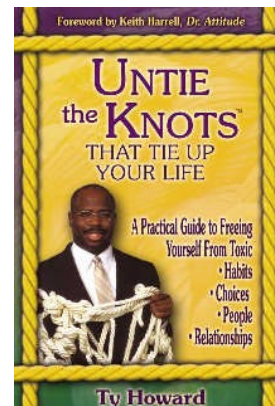
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U.S. \$19.95

Forward by Keith Harrell, Dr. Attitude
Author of the best-seller book *Attitude Is Everything*



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About Ty Howard

- **Nationally Renowned Professional Speaker**
- **Successful Entrepreneur & Business Leader**
- **Best-Selling Author of (*Untie the Knots™ That Tie Up Your Life*)**
- **Founder & Editor in Chief of MOTIVATION Magazine**
- **Contagious Enthusiastic Personality**
- **Positive Model, Coach & Mentor**
- **Community Humanitarian & Philanthropist**



Ty Howard, a.k.a. Mr. Untie the Knots®, is an internationally respected authority on self-development and business-development. He is a habits intervention specialist, relationship expert, teacher, professional development consultant, and author who has dedicated his life to teaching knots-free living and relationship-building to organizations, individuals, and families around the world. His business acumen and easy-to-follow-and-apply strategies have propelled top organizations to frequently seek his counsel and advice. His admirable communication skills have helped him become one of America's most popular professional speakers on the circuit today. Ty's solid research and practical strategies background have made him a trusted source for professional and personal development guidance on five continents.

When Ty was an active part of the U.S. Navy and then Corporate America, he consistently excelled in highly visible positions including Human Resources Generalist, Executive Office Manager, Corporate Training & Development Manager, Intervention and Behavior Specialist Manager, Outside Sales Account Manager, and Sales Trainer. He managed, trained, evaluated, and led employee teams of four to 300 full-time and part-time personnel working in demanding and fast-paced environments.

Ty Howard is the founder and Chairman and CEO of InspiraGen Institute, LLC, a successful, diverse professional and personal development firm based in Baltimore County, Maryland. InspiraGen Institute, LLC is a conglomerate of five internationally recognized businesses: TyHoward.com, Ty Howard Seminars™, Knots Free Publishing, Ready To Go Speeches.com, MOTIVATION Magazine, and The Baltimore Worldwide Speakers Bureau. They share Ty's vision, discipline, and passion to inspire, lift, and provide tools for change and growth for individuals and organizations throughout the world. He lives in Baltimore County, Maryland with his family.

A Few of Ty's Other Business Web Sites:

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